

Child Care Plans

If responsible for a child, plan for who will provide care for them while you are away.

Name: _____ Phone Number: _____

Have the daily routine written down for the care provider. If applicable:

Name of Child: _____ Pediatrician Name: _____

Child's School: _____ Pediatrician Number: _____

Phone Number: _____ Pharmacy: _____

Teacher's Name: _____ Pharmacy Number: _____

Helpful Tips and Items to Consider

- Create an alternative care plan for your caregiver/home aide.
- Get a permission slip or Power of Attorney for the care provider that authorizes them to obtain medical care in your absence.
- Inform everyone involved that you may not be able to talk to them for a couple of days.
- Leave important information for the care provider regarding any medical needs. (For example: medications, food allergies, etc.)
- Keep an up-to-date medication list easily accessible and identify where medications are stored
- Let your child know that you will need their help for a while after you come home.
- Make a note for the teacher informing them that you are away and in the hospital.
- Make sure the dependent is informed of the plan in case it would change.
- Notify others that you are going through this process.
- Practice a trial run of the plan as though you have received the transplant call.
- Prepare a list of important things for the dependent to take if they are going to someone else's house. (For example: clothes, sleep toys, personal care items, chargers, etc.)
- Share routines with your care provider. (For example: mealtimes, sleep rituals, etc.)
- Will the dependent stay in their home or will they stay with the care provider?

Elder Person Care Plans

If responsible for an elder person, plan for who will provide care for them while you are away.

Name: _____ Phone Number: _____

Write down the daily routine for the care provider. If applicable:

Name: _____ Phone Number: _____

Home Number or Skilled Facility: _____

Phone Number if in a Facility: _____

Pharmacy Name and Number: _____

Elder Person Care Plan Tips:

- Create an alternative care plan for your caregiver/home aide.
- Get a letter or Power of Attorney for the care provider that authorizes them to obtain medical care in your absence.
- Inform everyone involved that you may not be able to talk to them for a couple of days.
- Leave important information for the care provider regarding any medical needs. (For example: medications, food allergies, etc.)
- Practice a trial run of the plan as though you have received the transplant call.
- Keep an up-to-date medication list accessible and note where medications are stored.
- Have all medications pre-portioned in a pill box to avoid dosage errors.
- Make sure that the elder person knows the plan and that you will be gone for an extended period of time to help them stay up to date with what will be happening.
- Share thorough routines with your care provider. (For example: mealtimes, medication schedule, hygiene routines, etc.)
- Will the elder person stay in their home or will they stay with the care provider?
- Ensure the care person is aware of any dietary restrictions including soft foods, allergies, nutritional supplements, etc.
- Have the home safety-proofed before leaving (clearing hallways, remembering nightlights, etc.).

- Ensure the care provider is aware of what activities of daily living the elder person can do themselves and which will require help.

Pet Care Plans

If responsible for a pet, plan for who will provide care for them while you are away.

Name: _____ Phone Number: _____

Pet's Name: _____ Type of pet: _____

Name of Vet: _____ Habits to watch for: (biting, etc.) _____

Vet's Phone Number: _____

Medications: _____ Pharmacy Number: _____

Helpful Tips/Items to Consider

- Have alternative plans on pet sitters — make sure they are comfortable around the pet and have time for the pet to get to know them.
- How will the pet sitter access your home?
- Feeding habits:
 - Brand/name of food: _____
 - Where is it located? _____
 - How much food do they get? _____
 - Timing of feedings? _____
- What types of treats are they permitted and where are the treats located?
- What is their normal routine? Is there a special place for them to feel secure?
- Do they take medications?
 - When do they get medications? _____
 - How do you give them to the pet (example: in a special treat? wrapped or just plain?) _____
 - If the pet needs a shot, make sure the pet sitter has had a few chances to practice administering it to your pet.
- How often do they walk and how far?
- Are they always on a leash (if applicable)?
- Anything particular to know about your pet?
 - _____
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